

Development, implementation and evaluation of a smoking cessation program for students and employees

El-Banna, Haneya M. Salem, El-Sayed M. Fekri, Faten E.

Bulletin of Alexandria Faculty of Medicine (Print)

1995 v31 n1

An equal number of student and employee smokers (total = 34) participated in the study. Baseline assessment and one month and three months later follow-up, of smoking behavior and blood carboxyhemoglobin level, in response to the program, were undertaken. Program sessions lasted for 5 days in groups of 5-7 smokers. Counseling and program booklets were provided. Results showed that significant differences were elicited between groups, regarding some studied variables. Significant changes in number of cigarettes smoked per day, smoking status and blood carboxyhemoglobin levels were detected in both groups, after program. Discussion, implications and recommendations were displayed.